

Health and Wellness Resource Fair

Resource List

April 23, 2002

Internet Handouts

1. Fits Facts: Calorie Burners (www.acefitness.com/fitfacts/ff/05.html)
2. Fit Facts: Successful Weight Control (www.acefitness.com/fitfacts/ff/44.html)
3. How Do you know if You are Stressed (www.ivillage.com/hottopics/wellbeing/stress.html)
4. You Are What You Drink (http://my.webmd.com/living_better)
5. Computer Jocks At Risk (http://my.webmd.com/living_better)
6. Evaluating Your Fitness With Online Tools (www.aarp.org)
7. Fitness For Two (www.modimes.org/HealthLibrary2/factsheets/Fitness_for_Two.htm)
8. Job Stress Costs Women Their Health
(http://www.ivillagehealth.com/interests/healthy/articles/0,11299,166534_245241,00.html)
9. 13 Healthier Daytime Snacks
(http://www.ivillage.com/work/wfh/features/articles/0,10109,254282_253521,00.html)
10. Print and Go Yoga
(http://www.ivillage.com/diet/features/print/articles/0,5050,165588_211789,00.html)
11. Too Much of a Good Thing (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=6)
12. Exercising in the Cold (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=24)
13. Warm Up to Work Out (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=86)
14. Take Your Stress and Stuff (<http://www.foodtv.com/holidays/thanksgivingstress/0,5538,,00.html>)
15. Nutrition (http://www.mbmi.org/pages/wi_n1.asp)
16. Mindfulness (http://www.mbmi.org/pages/wi_ms1aa.asp)
17. Relax in a Hurry (http://www.mbmi.org/pages/wi_ms1bb.asp)
18. 38 Stress Busters (http://www.mbmi.org/pages/wi_ms1cc.asp)
19. Combating Job Stress (http://www.mbmi.org/pages/workh_ww3.asp)
20. Exercise at Work (http://www.mbmi.org/pages/workh_ww4.asp)
21. How to Avoid Diabetes (http://my.webmd.com/living_better_content/dnn/article/1728.85946)

Handouts

1. Managing the Hurricane Hour (Parlay International)
2. Getting out in the Morning (Parlay International)
3. Prioritize Work and Family Responsibilities (Parlay International)
4. Make Time for Fun and Relaxation (Parlay International)
5. Take Care of Yourself (Parlay International)
6. What is High Blood Pressure (Krames Communications)
7. How Do I Read Food Labels (American Heart Association)
8. How Can I Keep Track of Exercise and Eating (American Heart Association)
9. How Can Physical Activity Become a Way of Life (American Heart Association)
10. How Can I Monitor my Weight and Blood Pressure (American Heart Association)
11. How can I Reduce High Blood Pressure (American Heart Association)
12. How can I Make my Lifestyle Healthier (American Heart Association)

Pamphlets

1. Keeping Healthy (NAEYC)
2. How to Balance Work and Family (Channing L. Bete)